

**INSTRUCCIONES PARA EL USO
INSTRUCTION MANUAL**

ZANUSSI

**HORNO MICROONDAS
MICROWAVE OVEN**

ZMJ 23 TG

Contents	Page
Before using your microwave oven	4
Safety instructions	5
– Utensil safety	5
– Testing suitability of cookware	5
– Food safety	6
– Safety instructions when cooking by browner/grill	6
– Jetwave®	6
– Oven utensils and accessories guide	7
Unpacking	8
Installation	8
– Installation	8
– Connecting to the mains	8
How to operate your microwave oven	9
– Name and function of parts	9
– Turntable Installation	9
– Control panel	10
– Display Window	10
– Setting the clock	11
– Microwave Power cooking	12
– Manual Defrosting	12
– Microwave Power setting Guide	13
– Grill cooking	14
– Grill cooking Chart	14
– Microwave and Grill cooking	15
– Microwave and Grill cooking Chart	15
– Auto Defrost	16
– Defrosting instructions using 150W	17
– Auto Defrost Chart	18
– Multi-stage cooking	20
– Easy Cook programmes	21
– Easy Cook programmes Chart	22
– Child Safety Lock	23
– Selecting weight units	24
– Interior lamp	24
– Microwave Hints	24
– Care and cleaning	25
– Care and cleaning (browner/grill)	25
– Cleaning the accessories (turntable, support and rack)	25
– Cleaning the interior	25
– Cleaning the exterior	25
Technical data	26
Service and spare parts	26
– Zanussi service centres	26

Congratulations on the purchase of your new microwave oven

Thank you for having chosen an Zanussi product.

We are convinced that you will find your new microwave oven very useful and that it will be of great help to you. As with all new kitchen appliances, it will take some time to learn all the new functions and features, but with time, this oven will become indispensable to you.

Before using your microwave oven

Read through the instruction manual carefully.

In order that you can get the best from your new Zanussi microwave oven, the following instructions have been prepared.

Please make sure you read them carefully.

It is important that this instruction book is retained with the appliance for future reference. Should the appliance be sold or transferred to another owner, or if you move house and leave the appliance, always ensure that the book is supplied with the appliance or that the new owner can be acquainted with the functioning of the appliance and the relevant warnings.

Please ensure you have read the whole instruction book before using the appliance and that you follow the recommendations given.

Safety instructions

- The built-in safety interlock switches prevent the microwave oven from operating when the door is open.
- Do not tamper with them, or attempt to operate the oven with the door open as open door operation can result in exposure to microwave energy.
- Do not allow food spills or cleaner residue to accumulate on door sealing surfaces. See the Cleaning and Care section for cleaning instructions.
- Do not operate the oven if it is damaged until it has been repaired by qualified service personnel.
- It is particularly important that the oven door closes properly and that there is no damage to the: (1) door (warped), (2) hinges and latches (broken or insecure), (3) door seals and sealing surface.
- It is hazardous for anyone except factory trained service personnel to service or make adjustments to this oven. Contact your nearest authorised service agent should service be required.
- Do not remove the outer case, door or control panel at any time. Doing so may cause exposure to extremely high voltage.
- Install or locate this oven only in accordance with "INSTALLATION INSTRUCTIONS" found in this manual.
- Use the appliance for its intended use as described in this manual. Do not use corrosive chemicals in this appliance. This type of oven is specifically designed to heat, cook, or defrost food. It is not designed for industrial or laboratory use neither for commercial use as this will invalidate the guarantee.
- Do not operate the oven empty. If food or water is not present to absorb the microwave energy, the magnetron tube can be damaged.
- Close supervision is necessary when the oven is used by children.
- Do not store this appliance outdoors. Do not use this product near water.
- Do not attempt to dry clothing or newspapers in the microwave oven. These items can ignite.
- Do not use the cavity for storage purposes. Do not leave paper products, cooking utensils, or food in the cavity when not in use.

Utensil safety

- Most glass, glass ceramic and heat-resistant glassware utensils are excellent for use in the microwave oven. Although microwave energy will not heat most glass and ceramic items, these utensils can become hot as heat transfers from the food to the container. The use of oven gloves to remove dishes is recommended.

Testing suitability of cookware

- Place the cookware in the microwave along with a glass half full of water. Heat on 850 W (100%) for one minute. If the cookware feels hot, you should not use it. If it is just slightly warm, you can use it for reheating but not for cooking. If the dish is room temperature, it is suitable for microwave cooking.
- Paper napkins, wax paper, paper towels, plates, cups, cartons, freezer wrap and cardboard are great convenience utensils. Always be sure containers are filled with food to absorb energy and thus avoid the possibility of overheating.
- Many plastic dishes, cups, freezer containers and plastic wraps may be used in the microwave oven. Follow manufacturer's instructions when using plastics in the oven. Avoid using plastic utensils with foods that have high fat or sugar content since these foods reach high temperatures and could melt some plastics.
- Do not leave oven unattended, and look at it from time to time when heating or cooking food in plastic, paper or other combustible containers. If smoke is observed, keep door closed, switch the oven off or disconnect oven until smoke stops.
- Metal utensils and utensils with metallic trim should not be used in the microwave oven, unless specifically recommended for microwave use.
- Containers with restricted openings, such as bottles, should not be used for microwave cooking.
- Use caution when removing a lid or cover from a dish to avoid steam burns.

Food safety

- Do not heat food in a can in the microwave oven. Always remove the food to a suitable container.
- Deep fat frying should not be done in the microwave oven, because the fat temperature cannot be controlled, hazardous situations can result.
- Popcorn may be prepared in the microwave oven, but only in special packages or utensils designed specifically for this purpose. This cooking operation should never be unattended.
- Pierce foods with non-porous skins or membranes to prevent steam build-up and bursting. Apples, potatoes, chicken livers, and egg yolks are examples of items that should be pierced.

WARNING: When heating liquids, e.g. soups, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:

1. Avoid using straight-sided containers with narrow necks.
 2. Do not overheat.
 3. Stir the liquid before placing the container in the oven and again halfway through the heating time.
 4. After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
- Some products such as whole eggs and sealed containers – for example, closed glass jars – may explode and should not be heated in this oven. Occasionally, poached eggs may explode during cooking. Always pierce the yolk, then cover and allow the standing time of one minute before removing cover.

Keep these instructions

Safety instructions when cooking by browner/grill

1. The glass viewing window may break if water is spilled on it during grilling.
2. Be sure to use an oven glove when loading and unloading the oven. Containers get very hot in the oven, so be careful not to burn yourself. The turntable and metal rack also get very hot so be sure to use an oven glove when handling them.

3. Do not touch the inner or outer viewing window with metal components when loading or unloading the oven. The inside of the door and oven get very hot so take care when attending food in the oven.
4. Do not put the turntable or containers in cold water or try to cool them quickly after use.
5. Do not place items on top of the cabinet. The top of the cabinet gets very hot, so anything placed on it may be damaged by the heat.

NOTE: It is quite normal for steam to be emitted around the door, or for misting to occur on the door, or even for water droplets to appear below the door during the cooking cycle. This is merely condensation from the heat of the food and does not affect the safety of your oven. The door is not intended to seal the oven cavity completely.

NOTE:

- Do not force the turntable to rotate by hand. This may cause malfunctioning.
- Arcing in the oven during microwave operation usually occurs from use of metallic utensils. Continuous arcing, however, can damage the unit. Stop the programme and check the utensil.
- Care should be taken not to obstruct any air vents located on the top, rear, side and bottom of the oven.

**Do not use this oven for commercial purposes.
This oven is made for domestic use only.**

Jetwave®

Jetwave® is an advanced and revolutionary microwave distribution system, ensuring even and uniform cooking, defrosting and reheating.

Technically, this is achieved by re-positioning the microwave-generating component – the magnetron – to feed directly into the cavity. The results is that microwaves spread smoothly to reach all parts of the cavity.

Jetwave® ensures an even heat distribution across and throughout the food.

Oven utensils and accessories guide

A variety of Utensils and Materials may be used for cooking in your microwave oven. For your safety and to prevent damaging utensils and your oven choose

appropriate utensils and materials for each cooking method. The list below is a general guide.

Material	Utensils	Microwave Cooking	Browner/Grill Cooking	Microwave and Grill cooking
Ceramic & Glass	Corning ware	YES	YES	YES
	Heat resistant glass ware	YES	YES	YES
	Glass ware with metal decoration	NO	NO	NO
	Lead crystal glass	NO	NO	NO
China	Without metal decoration	YES	YES	YES
Pottery		YES	YES	YES
Plastic	Microwave oven heat-proof wear	YES	NO	NO
	Plastic wrap	YES	NO	YES
Metal	Metal baking pan	NO	YES	NO
	Aluminium foil*	YES	YES	YES
Paper	Cups, plates, towels	YES	NO	NO
Waxed paper		YES	NO	NO
Wood		NO	NO	NO
Accessories	Grill rack	NO	YES	YES
	Turntable	YES	YES	YES
	Turntable support	YES	YES	YES
YES: Utensils and accessories to use		NO: Utensils and accessories to avoid		
*NOTE: Use aluminium foil only for shielding purposes, overuse may cause arcing.				

Unpacking

N.B. When you unpack the oven, check that the product is free from damage. Damage or any missing parts must be reported immediately to the retailer. The oven, parts of the oven or the accessories may be wrapped

by a protection foil. If so, you must remove this foil before using the oven. Do not leave packing material so that small children can play with it. This can be hazardous.

Installation

Installation

1. Remove any promotion label from the door.
2. Install the oven on a flat, level surface. The surface must be strong enough to safely bear the weight (18 kg) of the oven, and the contents. To avoid the possibility of causing vibration or noise the oven must be in a stable position.
3. Keep the oven away from heat and water. Exposure to heat and water can lower oven efficiency and lead to malfunctioning, so be sure to install the oven away from heat and water sources.
4. Do not block air vents on the top and the sides of the cabinet and also do not place any articles on the top of the oven. If air vents are blocked during operation, the oven may overheat, and this may lead to malfunctioning. Hot air escapes from the vents, so be sure not to obstruct it or let curtains come between the oven and the rear wall.
5. Place the oven as far away from radios and TV's as possible. This oven does conform to EEC requirements* of radio interference suppression, but some interference may occur if it is placed too close to a radio or TV, so keep them as far apart as possible.
6. If positioned in a corner, leave a gap of at least 5,0 cm from the right side wall.
7. Microwave oven must be installed at minimum height of 85cms above floor level.

Important! The oven can be placed almost anywhere in the kitchen. Make sure the oven is placed on a flat, level surface and that vents as well as the surface underneath the oven are not blocked (for sufficient ventilation).

* This appliance conforms to the requirements of EEC Radio Interference Directive 87/308/EEC.

Connecting to the mains

The oven is delivered with the power cord and a plug for 220-230 V, 50Hz, earthed socket outlet.

Earth protection minimizes the risks should a shortcircuit occur. Check to ensure the voltage of the oven matches the supply.

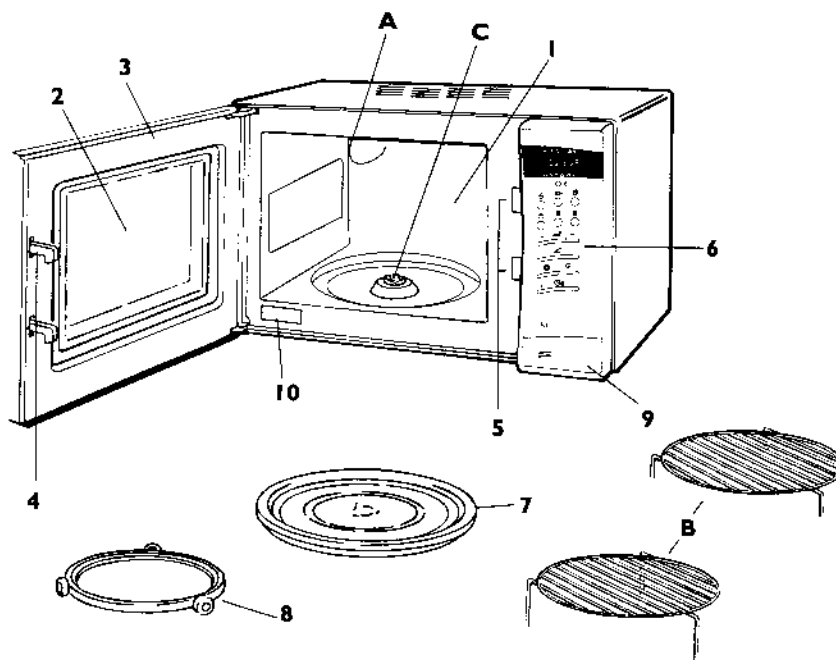
N.B. If the oven is connected to the socket via an extension cord, make sure the cord is earthed.

WARNING! This appliance must not be used on a nonearth protected power supply.

Contact an electrician if you are uncertain regarding electrical connection of the oven or provision of earth protection of the supply.

This appliance must be earthed. If this appliance is fitted with a non-rewirable plug for which your socket is unsuitable, the plug should be cut off and the appropriate plug fitted. If it is necessary to change the fuse in a nonrewirable plug, the fuse cover must be refitted. If the fuse cover is lost or damaged, the plug must not be used until a replacement is obtained.

How to operate your microwave oven



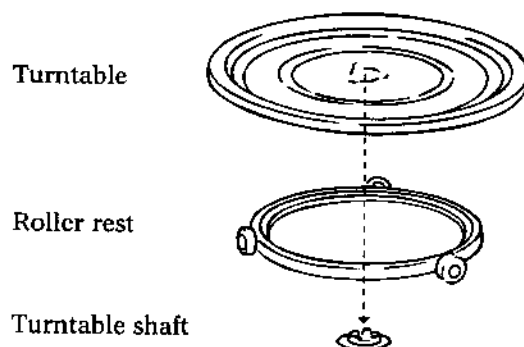
Name and function of parts

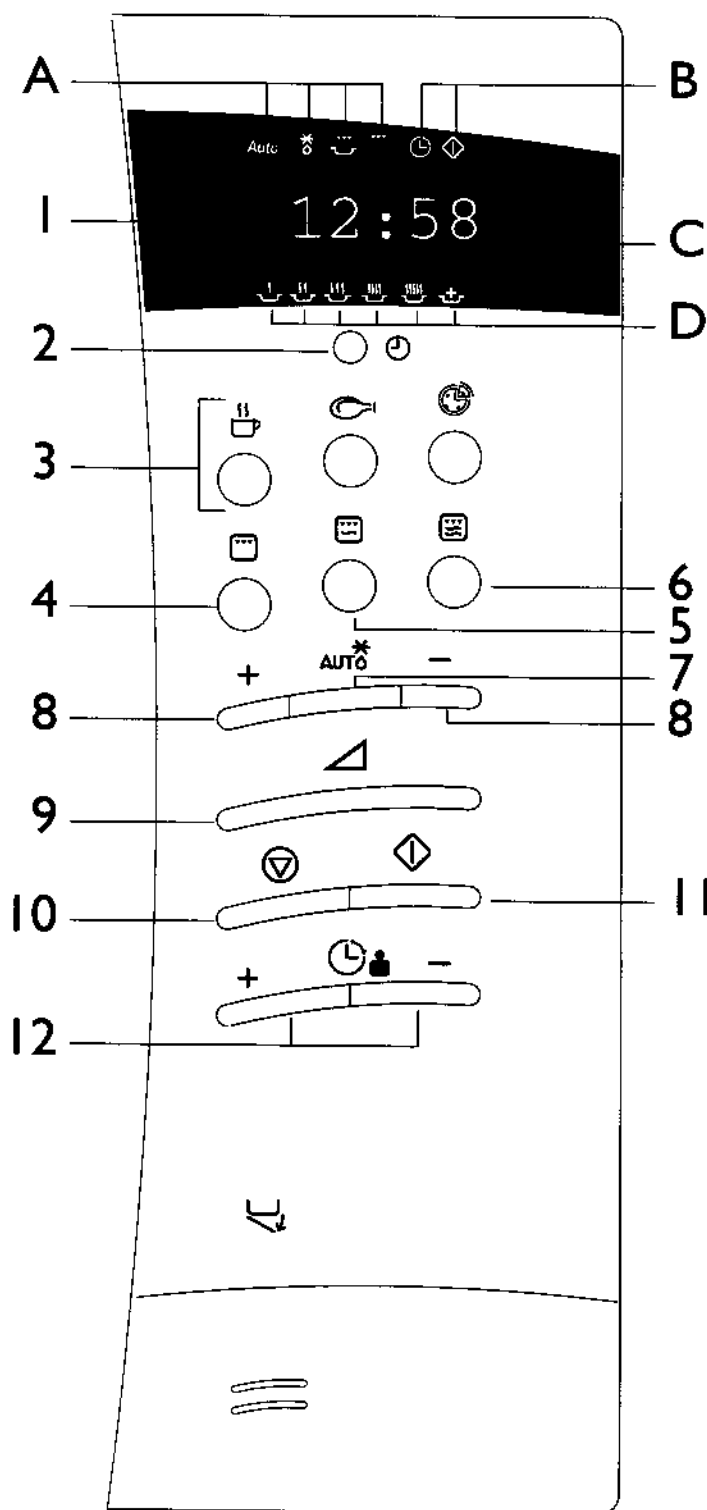
- 1 Cooking compartment. Wipe the compartment clean after using the oven.
- 2 Viewing window. Food can be checked while the microwave oven is in operation.
- 3 Oven door. The door must always be firmly closed while cooking.
- 4 Latch hook.
- 5 Safety interlock system.
- 6 Control panel.
- 7 Turntable. Made of special heat-resistant glass. Food in a suitable container is placed on this tray for cooking. Do not use the oven without the turntable.
- 8 Turntable support. Place the support on the floor of the cooking chamber to support the turntable.
- 9 Door open.
- 10 Rating plate

- A Browner/Grill element, "Quartz"
 B Grilling racks, one high and one low, used for most cooking and browning/grilling.
 C Drive shaft for turntable.

Turntable Installation

1. Place the turntable support on the cavity bottom.
 2. Place the turntable on top of the turntable support as shown in the diagram. Make sure that turntable hub is securely locked in the turntable shaft. **Never place the turntable upside down.**
- Both turntable and turntable support must always be used during cooking.
 - All food and containers of food are always placed on this turntable for cooking.
 - This turntable rotates clockwise and anticlockwise; this is normal.





Control panel

1. **Display window** – showing time of day and cooking time.
2. **Clock set** – for setting the clock and for child lock.
3. **Easy Cook programmes** for:
 - Beverages
 - Chicken pieces
 - Pizza
4. **Grill**.
5. **Microwave (150W) & Grill**.
6. **Microwave (450W) & Grill**.
7. **Auto Defrost** by weight.
8. **Time Adjust**, + and -, for Auto Defrost.
9. **Power** – for desired microwave power level.
10. **Stop** – for interrupting or cancelling a program.
11. **Start** – to start desired program.
12. **Plus/Minus** – for setting time and weight.

Display Window

- A. Cooking mode indicators for Easy Cook programmes, Auto Defrost, Microwave and Grill, Grill.
- B. Time and Start – a flashing indicator that prompts you to enter the desired cooking time or to start the oven.
- C. Kg – a flashing indicator that prompts you to enter food weight.
- D. Power level indicators – 80, 150, 300, 450, 700 and 850W respectively.

Setting the clock

When your oven is plugged in for the first time or when power resumes after a power interruption, the numbers in the display reset to 0:00.

Example: To set 4:30:

- | | | |
|----|---|---|
| 1. |  | Touch Clear/Stop |
| 2. |  | Touch Clock pad |
| 3. |  | Touch Plus/Minus until 4: is indicated in the display window |
| 4. |  | Touch Clock pad |
| 5. |  | Touch Plus/Minus until 4:30 is indicated in the display window |
| 6. |  | Touch Clock pad to lock in the time and start the clock running |
-

Microwave Power cooking

This basic microwave cooking method allows you to cook food for a desired time. In addition to the maximum power level, you can select different microwave power from 6 levels, 80W to 850W for the foods that require slower cooking.

Foods with high moisture content should be cooked on maximum power, as this is the fastest cooking method and best maintains the natural flavour and texture of the foods

Manual Defrosting

For manual defrosting (without using Auto Defrost features) use 150W. To speed up the defrosting of dense foods over 450g (1lb), the oven may start on full power for 1–3 minutes, then be reduced to 150W until defrosting is complete.

Example: To cook at 450W for 1 min 30 secs:

-
1.  Touch Clear/Stop
 2.  Touch Power pad 3 times. The indicator above  lights up and the Time prompt flashes
 3.  Touch Plus/Minus until 1:30 is indicated in the display window
 4.  Touch Start
-

NOTE:

The time increments for the Plus/Minus pads +  - are as follows:

Time	Increment
0–5 min.	15 secs.
5–10 min.	30 secs.
10–30 min.	1 min.
30–90 min.	5 min.

To set the variable cooking levels the Power key should be touched as follows:

850W	Once
700W	2 times
450W	3 times
300W	4 times
150W	5 times
80W	6 times

Microwave Power setting Guide

Power Setting		Suggested use
80W	Keeping warm	Keeping foods warm.
150W	Defrost	Thawing foods.
300W	Med low	Completing the cooking cycle of some casseroles and stews.
450W	Simmer	Completing the cooking cycle of pot roasts Completing the cooking cycle of some casseroles and stews. Baked custards or cheese cakes
700W	Reheat	Baking cakes Reheating precooked foods
850W	High, Max. power	Boiling liquids Baking fish or vegetables. Preheating a browning dish.

Grill cooking

This method is ideal for toasting bread or muffins.

Remember the oven will be hot. Place all food on high grilling rack.

Grill cooking time can be set to a maximum of 30 minutes.

Example: Set oven to Grill for 15 minutes:

1.  Touch Clear/Stop
2.  Touch Grill pad. The Grill indicator lights up and the Time prompt flashes
3.  Touch Plus/Minus until 15:00 is indicated in the display window
4.  Touch Start

Grill cooking Chart

Food	QTY (Weight)	Cooking time	Special notes
Toast	2 Slices	6 – 8 min	
Cheese with Toast	4 slices	10 – 12 min	6 – 8 min. to toast. 3 – 5 min. with top
Bacon	4 (120 g)	10 – 12 min	
Pizza with Topping		5 – 7 min	
Pork Chops	2 (400 g)	28 – 35 min	Brush with oil. Season with salt, pepper and paprika
Beef Steaks	2 (400 g)	13 – 20 min	
Sausages	6 (300 g)	12 – 16 min	

NOTE: Turn all foods except pizza, halfway through cooking time. Place dish on turntable under the grill rack to catch any liquid.

Microwave and Grill cooking

This oven offers a choice of two Micro & Grill settings:

 Grill with micro 150W

 Grill with micro 450W

This function allows you to combine the advantages of the speed and convenience of a Microwave with the browning and crisping benefits of a Grill

Example: Set Dual Cooking using Grill with Micro 150W for 10 minutes:

1.  Touch Clear/Stop
2.  Touch Micro & Grill 150W pad. The  indicator and  lights up and the Time prompt flashes
3.  Touch Plus/Minus until 10:00 is indicated in the display window
4.  Touch Start

Microwave and Grill cooking Chart

Food	QTY (Weight)	Power Selector position	Cooking time	Special notes
Bacon	4 (120 g)		8 – 10 min	
Roast Beef (Boned)	1000 g		30 – 35 min	Brush with oil. Season with salt and pepper. Allow 15 – 20 minutes standing time after cooking
Roast Pork (Loin)	1000 g		30 – 35 min	
Pork Chops	2 (300 g)		15 min. turn over. Then 12 min. grill only	Brush with oil. Season with salt, pepper and paprika.
Chicken, Halved lengthwise Legs	1000 g 4 (500 g)	 	30 – 35 min 22 – 25 min	Brush with oil. Season with salt, pepper and paprika.
Hamburger Frozen Fresh	4 (200 g) 4 (400 g)	 	12 – 15 min 12 – 15 min	Turn over after 7 – 8 min.
Sausages	12 (650 g)		14 – 15 min	
Fish Steak	2 (350 g)		18 – 20 min	Brush with oil, Season with salt and pepper
Potato, Hash Brown Frozen	2 (150 g)		12 – 14 min	
Ready Meal, Lasagne Potato Gratin	400 g 350 g	 	7 – 9 min 6 – 9 min	

NOTE: • Use roasting rack on turntable for roast beef and pork, Shield thin parts and edges. • Place dish on turntable under grill rack net to catch any liquid. • Turn halfway during cooking time except for ready meal.

Auto Defrost

The Auto Defrost by Weight feature is an accurate defrosting method for frozen meat, poultry, or fish. Auto Defrost + and – adjust key is used to increase or decrease the defrosting time if necessary.

PAUSE. This feature has a built-in pause mechanism to allow for checking and rearranging the food. The oven stops at the end of the first defrost period (about 1/4 of the total defrost time). If you do not open the door at the pause, the oven restarts after 2 minutes and commences the second defrost period.

NOTE:

The weight increments for the +  – pads are as follows:

WEIGHT	INCREMENT
0.1–2.0 Kg	0.1 Kg
0.2–4.4 Lb	0.1 Lb

Example: To Defrost a 1.0 Kg food using adjust “+”:

-
- | | | |
|----|---|---|
| 1. |  | Touch Clear/Stop |
| 2. |  | Touch Auto Defrost pad. The word DEF appears in the display window and the weight prompt flashes. |
| 3. | +  – | Touch Plus/Minus until 1.0 Kg is indicated in the display window |
| 4. | + | Touch + key to increase defrosting time as desired. A  is indicated in the display window and the Start prompt flashes |
| 5. |  | Touch Start |
-

Defrosting Tips

1. It is better to underestimate defrosting time if you are unsure. Food will continue to defrost during the standing time.
2. Separate food as soon as possible.
3. Turn large items, e.g. joints, halfway through the defrosting time, or at pause.
4. Remove any thawed food as soon as possible.
5. Remove or open any packaging before defrosting.
6. Place food in a larger container than that which it was frozen in, this will allow for easy stirring.
7. Begin thawing poultry, breast side down and turn over halfway through defrosting time or at pause. Delicate areas such as wing tips can be shielded with small pieces of smooth foil.
8. Standing time is very important, particularly for large, dense foods which cannot be stirred to ensure that the centre is completely defrosted before cooking.

Defrosting instructions using 150W

Some foods such as bread and fruit, will not defrost successfully using the weight defrost. However these foods can successfully be thawed manually by using the "150W" power setting.

FOOD	PREPARATION	(150W)	STANDING TIME
Bread			
Small loaf	Place on microwaveproof rack or kitchen paper. Turn over halfway through defrosting time.	8–10 min.	10–15 min.
Sliced large loaf	Place on microwaveproof rack or kitchen paper. Turn over halfway through defrosting time.	10–13 min.	10 min
2 slices	Place on kitchen paper.	45–60 sec.	5 min.
1 bread roll	Place on kitchen paper.	45–60 sec.	5 min.
2 bread rolls	Place on kitchen paper.	1–1½ min.	5 min.
Cakes and Pastry			
Gateau 450g/1 lb	Remove from packaging, place on plate.	9–11 min.	15–30 min.
Cheesecake 450g/1 lb	Remove from packaging, place on plate.	9–11 min.	15–30 min.
Pie (cooked) 450g/1 lb	Remove from packaging, place on plate.	7– 9 min.	15–30 min.
Pastry 450g/1 lb	Remove from packaging, place on plate.	7– 9 min.	15–30 min.
Butter			
250g/8.8 oz (1 packet)	If foil wrapped, remove from wrapper and place on a plate	3– 4 min.	5–10 min.
Fruit			
225g/8 oz Soft berry fruits	Place in a single layer in a shallow dish.	5– 6 min.	5–10 min.
450g/1 lb Soft berry fruits	Place in a single layer in a shallow dish.	7– 8 min.	5–10 min.
Plated meal			
400g/14 oz	Cover with a plate or non P.V.C. cling film. To reheat, microwave on HIGH for 3–4 minutes.	7– 8 min.	5–10 min.
Vegetables			
	It is not necessary to defrost vegetables before cooking. All vegetables can be thawed and cooked on HIGH.		

Auto Defrost chart

FOOD	ADJUST KEY	PREPARATION	PAUSE DIRECTIONS	STANDING TIME
Beef				
Cubed	NO		Remove any thawed cubes and stir, ensuring that the frozen cubes are around the edge of the dish.	10–15 min
Minced	—		Remove any thawed portions and turn over.	5–10 min.
Beef Joint	+	Place on an upturned saucer on a plate or on a microwaveproof rack. Shield thin areas and outer edges with smooth pieces of foil.	Remove foil from outer edges but leave on thin areas. Turn over.	30–40 min.
Steak	NO	If frozen in a block, separate as soon as possible. Shield outer edges with smooth pieces of foil.	Remove foil and turn over.	10–15 min.
Lamb				
Cubed	NO	Place in an even layer in a shallow dish.	Remove any thawed cubes and stir. Ensure that the frozen cubes are around the edge of the dish.	10–15 min.
Chops/Cutlets	NO	If frozen in a block separate as soon as possible. Arrange chops so the thinner ends are towards the centre of the turntable. Shield outer edges with smooth pieces of foil.	Remove foil and turn over.	10–15 min.
Lamb Joint	+	Place on an upturned saucer on a plate or on a microwaveproof rack. Shield thin areas and outer edges with smooth pieces of foil.	Remove foil and turn over.	30–40 min.
Pork				
Chops	NO	If frozen in a block, separate as soon as possible. Arrange chops so the thinner ends are towards the centre of the turntable. Shield thin areas and outer edges with smooth pieces of foil.	Turn over, shield outer edges and thin ends with foil.	10–15 min.
Sausages	—	If frozen in a block, separate as soon as possible. Shield both ends of the sausages with smooth pieces of foil.	Rearrange and remove any sausages that have thawed.	10–15 min.
Bacon	—	Separate as soon as possible. Shield both ends of bacon with smooth pieces of foil.	Separate. Remove any thawed slices, arrange remaining slices in a single layer and shield both ends with smooth pieces of foil.	5–10 min.

Auto Defrost chart

FOOD	ADJUST KEY	PREPARATION	PAUSE DIRECTIONS	STANDING TIME
Spareribs	NO	If frozen in a block, separate as soon as possible. Shield both ends with smooth pieces of foil.	Remove foil. Turn over, rearrange and remove any thawed pieces.	10-15 min.
Pork Joint	+	Place on a upturned saucer on a plate or on a microwaveproof rack. Shield thin areas and outer edges with smooth pieces of foil.	Remove foil and turn over.	30-40 min.
Chicken Whole	+	Use an upturned saucer on a plate or a microwaveproof rack. Place chicken breast side down. Shield wings, legs and neck with smooth pieces of foil.	Remove foil. Turn over and shield warm areas with foil.	30-40 min.
Pieces	NO	Shield thin parts such as tips with smooth pieces of foil. Arrange so thicker parts are towards the outside of the dish.	Remove foil. Turn over, arrange so thicker parts are towards the outside of the dish.	10-15 min.
Turkey Pieces	NO	Use a microwaveproof rack or shallow dish. Shield thin parts with smooth pieces of foil. Arrange so thicker parts are towards the outside of the dish.	Remove foil. Turn over and shield any warm areas.	10-15 min.
Fish Fillets	NO	Use a shallow dish or microwave-proof rack. Arrange fillets in an even layer. If frozen in a block, separate as soon as possible. Shield tail and thin ends with smooth pieces of foil.	Remove foil, turn over, rearrange and arrange tail ends under thicker parts of fish.	5-10 min.
Steaks	NO	Use a shallow dish or microwave-proof rack. Arrange steaks in an even layer. If frozen in a block, separate as soon as possible. Shield outer edges of steaks with smooth pieces of foil.	Remove foil, turn over and rearrange.	5-10 min.
Whole fish	NO	Use a shallow dish or microwave-proof rack. If more than one fish, arrange head to tail. Shield ends with smooth pieces of foil.	Remove foil, turn over and rearrange.	5-10 min.

Multi-stage cooking

Multi-stage cooking is ideal for sequential cooking. It allows you to cook at different power levels and different cooking modes for a chosen time. All the stages should be set before starting the oven.

The following table shows the combinations possible when cooking with multi-stages:

1st	2nd	3rd
Micro	Micro	Micro
Micro	Micro	–
Micro	Micro	Grill
Micro	Micro	Dual
Micro	Grill	–
Micro	Dual	–

Example: To set the oven to Microwave on 450W for 10 minutes, and then Grill for 5 minutes:

1.  Touch Clear/Stop
2.  Touch Power pad 3 times. The indicator above the  lights up and the Time prompt starts to flash
3.  Touch Plus/Minus until 10:00 appears in the display window. The Start prompt flashes.
4.  Touch Grill pad. The Grill indicator lights up and the Time prompt starts to flash
5.  Touch Plus/Minus until 5:00 appears in the display window. The Start prompt flashes.
6.  Touch Start

NOTE:

After Grill or Dual cooking, a Microwave setting is not possible.

Easy Cook programmes

The Easy Cook programmes allows you to simply and automatically cook a range of popular foods. Your oven offers the following Auto Cook programmes: Beverages, Pizza and Chicken Pieces.

Operation is very easy. Simply touch the appropriate key the correct amount of times (see directions included in the chart), and touch Start.

The +/- key can be used to adjust the end cooked results to personal taste. With time and practice it is possible to adjust the cooking time to produce food to personal preference.

Always ensure food is piping hot before eating!

VERY IMPORTANT!

For best results, please follow the guidelines in the Easy Cook programmes chart.

Example: To cook by Easy Cook a frozen 400g Pizza, well done:

-
- | | | |
|----|---|---|
| 1. |  | Touch Clear/Stop |
| 2. |  | Touch Pizza 3 times. 400g is indicated in the display window. The indicator below Auto lights up and the Start prompt flashes |
| 3. |  | Touch + pad to required degree. The  symbol in the display window lights up |
| 4. |  | Touch Start |
-

Enter the required amount by touching the required key:

Beverages

Touch key 	To cook
Once	1 cup
Twice	2 cups
3 times	3 cups
4 times	4 cups

Pizza

Touch key 	To cook
Once	100g
Twice	300g
3 times	400g
4 times	500g

Chicken Pieces

Touch key 	To cook
Once	1 piece
Twice	2 pieces

Easy Cook programmes Chart

Food Quantity	Start Temp	Utensils	Preparation Before cooking	At pause	After	Adjust +/-
Chicken Pieces						
1 piece= approx. 225g 1, 2 pieces	5°C (Chilled)	High rack	Wash and dry chicken. Brush with oil and seasoning. Place on high rack. Begin cooking skin down for best results	Turn over	Stand 2 min.	Adjust + . For a well cooked finish. For very chilled pieces of chicken
For chicken quarters, legs etc.			Place a heatproof plate on turntable to catch liquid			
Pizza						
Frozen 100g, 300g, 400g, 500g	-18°C (Frozen)	Low Rack	Remove from packaging. Place on low rack. For best result ensure that topping is evenly spread on pizza	No pause	No stand	Adjust + Adjust - . For cheese topped large pizzas or those with very little topping
Beverages						
e.g. milk, coffee, soup, 1 cup=200 mls	5-10°C 17-30°C	Cups	Do not cover. Arrange cups evenly around edge of turntable. When heating one cup place on edge of turntable	No pause	Stir well	Adjust + Soup Adjust - Milk

Child Safety Lock

This oven has a safety feature which prevents the accidental running of the oven by a child.

NOTE:

After the child lock has been set, the oven will appear to operate normally if the keys are pressed. However the oven will produce NO actual microwave power.

To set:

-
- | | | |
|----|---|--|
| 1. |  | Touch Clear/Stop |
| 2. |  | Touch Clock pad |
| 3. | +   - | Touch Plus/Minus pads until 11: is indicated in the display window |
| 4. |  | Touch Clock pad |
| 5. | +   - | Touch Plus/Minus pads until 11:11 is indicated in the display window |
| 6. |  | Touch Start. Indicator "L" lights up and clock display reappears |
-

To cancel Child Lock simply repeat setting procedure, indicator "L" disappears and clock display reappears.

Selecting weight units

This oven can be set to either Kg or Lb weight units. This applies to all weight related functions. The selection should be made after the unit is plugged in for the first time or when power resumes after a power interruption.

This operation is only necessary if Lb setting is required, as the oven default is Kg.

1. Plug the oven in and switch on. The display will read 0:00 and be flashing on and off.
2.  Touch  pad. The Kg indicator will light up. Kg are set.
3.  Touch  pad again. The Lb indicator will light up. Lb are set.
4.  If the  pad is pressed once more the oven returns to Kg setting.
5.  When the required weight unit has been selected, press Clear/Stop the selection is now stored.

Interior lamp

This illuminates when the oven is operating and when the door is open.

Microwave Hints

- Always keep the oven clean – avoid spill-overs and do not forget to clean under the glass tray and the inside of the door.
- Use preferably round or oval casseroles with a lid when cooking in your microwave oven.
- Do not use metal or metal decorated casseroles. Certain plastic materials can melt and be warped by hot food.
- Cover the food when cooking. Use a glass lid, a plate or grease proof paper.
- Pastry, bread and the like can be defrosted directly in a bread basket or on a paper towel.
- If frozen food is heated in its package, the package should be opened. Packages containing metal or metal decoration must not be used unless specifically recommended for use in the microwave. Remove metal clips and wire ties.
- Smaller pieces of aluminium foil can be used to cover parts that easily overcook such as chicken legs.
- Food with peel or skin should be pierced with a fork – e.g. potatoes and sausages. Do not boil eggs in the microwave oven as they can explode.
- Put large, thick pieces close to the edge of the casserole and try to cut the food in to even sized pieces. Always place the food in the centre of the oven.
- The food will be evenly cooked if you stir or turn it a few times.
- Always set a shorter cooking time than indicated in your recipe to avoid over cooking. The larger the amount of food the longer it takes.
- Use little or no water for vegetables.
- Use less salt and spices than for “normal” cooking.
- Season afterwards.
- Allow a few minutes “standing” time after the oven has switched off to ensure complete and even cooking results.
- Always ensure food is piping hot throughout before serving.
- Use pot holders or gloves when taking dishes and food from the oven.

Care and cleaning

The oven must always be clean. Residue of food from spill-overs or spatters will attract microwave energy causing it to burn on. This could reduce the efficiency of the oven and may cause bad odours.

Do not attempt to tamper with or make any adjustments or repairs to any part of the oven. Repairs should only be done by a qualified service technician.

Be sure the oven is off or the unit is unplugged before cleaning.

Care and cleaning (browner/grill)

The element may be stained with spattered fat or oil while the oven is in use. Wait until the cavity cools down and wipe off the spattered oil before next using of the oven. Stains grill may cause unpleasant odours and smoke.

Cleaning the accessories (turntable, support and rack)

Clean them with mild detergent after removing them for the cavity. Turntable support should be carefully handled.

CAUTION: The inside of the oven and turntable get very hot, so do not touch them immediately after use.

Cleaning the interior

Always keep the inside of the oven clean. Wipe up spillovers and food spatters immediately. Soil that is allowed to remain on the oven walls, door seal and door surface will absorb microwave energy, reduce the efficiency of the oven, and possibly damage the oven interior.

Use mild, liquid detergent, warm water and a soft, clean cloth to remove soil. **NEVER USE ABRASIVE CLEANERS, COMMERCIAL OVEN CLEANERS OR STEEL WOOL PADS ON ANY PART OF THE MICROWAVE OVEN.**

To loosen difficult soil, boil a cup of water in the microwave oven for 2 or 3 minutes. **NEVER USE A KNIFE OR ANY UTENSIL TO REMOVE SOIL FROM OVEN SURFACES.**

To remove odours from the oven interior, boil a cup of water plus 2 tablespoons of lemon juice for 5 minutes.

Cleaning the exterior

Open the oven door when cleaning the control panel. This will prevent the oven from being turned on accidentally. You should clean outside surfaces of the oven with mild liquid detergent and water followed by a wiping with clear water to remove any excess detergent. Dry with a soft cloth.

Spray-on window cleaners or all purpose spray-on kitchen cleaners can also be used. Never use abrasive cleaners, scouring pads or harsh chemicals on outside surfaces of your oven. To prevent damage to the working parts, do not allow water to seep into ventilation openings.

Technical data

Overall dimension	Width	490 mm	Power source	220–230 V, 50 Hz
	Depth	351 mm	Fuse	16A
	Height	322 mm	Power consumption	2800W
Cavity dimension	Width	304 mm	Power output	850W
	Depth	308 mm	Browner/Grill	1300W
	Height	247 mm	Weight	18 kg
Volume		23 litre		

Service and spare parts

Service and spare parts are offered by Electrolux Service. When you order service or spare parts, please refer to the product and model number of the microwave oven. You will find these on the data plate.

Write them down here below so you have them handy whenever you need them.

Model: _____

Serial number: _____

Date of purchase: _____

N.B. Remember to save your receipt.

Zanussi service centres

Please refer to your local telephone directory for Service Centre details which can be found in the Local Telephone Directory white pages under Zanussi.